

"NUT CREAMS"

A non dairy nut based ice cream !



The Healthy Innovative Whole Foods way to make Ice Cream...
You'll never know it's good for you!

HELENE PECORA-MONTALTO

Nut Creams A Non Dairy Nut Based Ice Cream

William Shurtleff, Akiko Aoyagi



Nut Creams A Non Dairy Nut Based Ice Cream:

"Nut Creams" Helene Pecora-Montalto,2005-01-18 NUT CREAMS a non dairy nut based ice cream The Healthy Innovative Whole Foods way to make Ice Cream Youll never know its good for you YES You can make DELICIOUS DAIRY FREE ice creams at home There are NO EGGS NO REFINED SWEETENERS A SOY FREE option for every recipe You will learn HOW TO blend NUTRITIOUS nuts NATURAL flavorings a few other key ingredients to create the CREAMIEST frozen treats ever Its easy BUT thats not all You will also be able to utilize these INVENTIVE recipes to make DESSERT SAUCES PUDDINGS PIE FILLINGS and more **History of Soy Ice Cream and Other Non-Dairy Frozen Desserts (1899-2013)** William Shurtleff,Akiko Aoyagi,2013-10-18 [The Real Food Grocery Guide](#) Maria Marlowe,2017-05-01 Learn how to understand food labels and cut through the myths hype and misleading information on healthy food choices in order to make the best choices The Real Food Grocery Guide helps you navigate every aisle of the grocery store by clearly outlining what foods are truly the healthiest the freshest and the most economical and which ones belong in the garbage rather than your grocery cart Now you will finally know for certain whether fat free and gluten free are actually healthier what hidden meanings you re missing in food labels and if organic vegetables and grass fed meat are worth the extra cost The Real Food Grocery Guide is the most comprehensive and actionable guide to grocery shopping and healthy eating available with advice on What to eat for health balanced weight and longevity How to shop to save a significant amount of time and money How to decipher food buzz words like natural grass fed wild organic gluten free etc know which to buy and which to leave on the shelf How to select the most nutritious and delicious produce every time no more getting home with brown avocados or tasteless melon Why the quality of animal products such as meat fish eggs and dairy is crucial and how to choose the healthiest kinds How to store fresh food properly so it will stay fresh longer Why calorie counting is futile and what you should look for instead to determine the healthiness of any food How to decipher what a food label is really saying How to avoid being duped by sneaky food industry claims and choose the best packaged products every time Stop guessing when you re in the grocery store Grab The Real Food Grocery Guide and get the real facts on what labels are telling you No spin Praise for The Real Food Grocery Guide If you want a reliable useful and easy to follow guide to food choices that will bring you greater health and happiness you ve found it in Maria Marlowe s Real Food Grocery Guide John Robbins author of Diet for a New America and The Food Revolution Maria busts through sneaky marketing terms and buzz words on packages while showing you that it doesn t need to be difficult or expensive to fill up your kitchen with the most nutritious foods Vani Hari New York Times bestselling author and founder of FoodBabe.com **Mayim's Vegan Table** Mayim Bialik,Jay Gordon,2024-09-24 The Emmy Award nominated actress New York Times bestselling author and mom shares her favorite vegan recipes in this cookbook Actress Mayim Bialik shares the concerns of parents everywhere when it comes to nutrition and feeding your family you want healthy meals but also food that everyone can enjoy and a balanced lifestyle that s

inexpensive and fuss free Not only does Mayim share more than one hundred easy plant based recipes for dishes that are as delicious as they you are healthy she has also teamed up with pediatrician Jay Gordon to offer Basic nutritional information about a plant based diet The real deal on raising kids on a plant based diet myths debunked Vegan family essentials including a list of what to always keep in the pantry Tips and strategies for easy meal planning and healthy eating out And of course the food you ll find recipes for Mayim s favorite breakfasts snacks lunches dinners and desserts including kid approved meals like build your own tacos and mac n cheez Mediterranean and Asian inspired salads that parents will love comfort food classics like kugel and matzoh ball soup and many more Stocked with recipes for everything from mac and cheese to baked ziti to Israeli salad All sans meat All sans dairy Chicago Tribune The recipes are nicely organized and instructions are clear The index is extensive and the beginning chapters will be wonderful for anyone who is interested in a vegan diet but not sure where to start There are so many delicious sounding recipes in here this cookbook is a treat for anyone San Francisco Book Review

The Vegan Scoop Wheeler del Torro,2009-06-01 The Vegan Scoop brings the pleasures of the ice cream parlor into your home with 150 recipes for delicious frozen desserts that are so rich and creamy they re better than the real thing and contain one third the calories Developed by vegan hipster Wheeler del Torro of Wheeler s Frozen Desserts these faux creams feature 100 percent vegan certified ingredients making them suitable for both vegans and those with lactose intolerance and other dairy aversions And with each serving containing approximately 80 calories nearly 100 calories fewer than a serving of traditional ice cream you can indulge with peace of mind and keep your trim waistline Chapters are devoted to innovative flavor inspirations and cover everything from Caribbean Island Flavors to Healthy Flavors and Aphrodisiacal Flavors You ll also find two chapters full of recipes for toppings sauces sides and other dessert accompaniments Recipes include Peanut Butter Banana Black Sesame Chocolate Marshmallow Almond Cookie Orange Passion Fruit Granola Crunch Pecan Apple Danish Espresso Bean Vanilla Graham Cracker and hundreds more Official Gazette of the United States Patent and Trademark Office ,2002

History of Soymilk and Other Non-Dairy Milks (1226-2013) William Shurtleff, Akiko Aoyagi,2013-08-29

Rhapsody of Desserts Raquel Askenazi de Harari, Eating Healthy Who said desserts cannot be tasty if they are prepared with a minimum of sugar fat and calories Eating healthy does not equal eating dull and boring Based on this premise the recipes in this book have been adapted to today s preferences and generational shifts People used to say eat anything you want and put on weight without guilt These days however people are more educated when it comes to healthy habits and there is growing awareness about eating a diet lower in fat sugar and calories This book offers a new approach in which you can cook smartly without compromising flavor striking the perfect balance between tasty and healthy Variations One of the strong appeals of this book is what the author calls Variations Starting from a basic recipe a variety of dishes can be created by simply replacing a few ingredients opening a broad range of possibilities to let your imagination soar and customize the recipes based on your personal taste The same principle applies to creating non dairy vegetarian and gluten

free dishes Proven Recipes Rhapsody of Desserts contains 150 recipes and 214 Variations all tested and proven to be within the skill level of experts or beginners with complete clear step by step instructions The book explains the whats the hows and the whys and includes a complete glossary tips and equivalence charts **Manual of Dietetic Practice** Joan

Gandy,2019-06-13 The authoritative guide for dietetic students and both new and experienced dietitians endorsed by the British Dietetic Association Now in its sixth edition the bestselling Manual of Dietetic Practice has been thoroughly revised and updated to include the most recent developments and research on the topic Published on behalf of the British Dietetic Association this comprehensive resource covers the entire dietetics curriculum and is an ideal reference text for healthcare professionals to develop their expertise and specialist skills in the realm of dietetic practice This important guide includes The latest developments and scientific evidence in the field New data on nutrition and health surveillance programs Revised and updated evidence based guidelines for dietetic practice An exploration of how Public Health England has influenced the field Practical advice on public health interventions and monitoring A companion website with helpful materials to support and develop learning Written for dietitians clinical nutritionists and other healthcare professionals by leading dietitians and other professionals the Manual of Dietetic Practice continues to provide a crucial resource for experts and novices alike

Nourish Reshma Shah,Brenda Davis,2020-11-17 An evidence based practical resource that explores the many benefits of a plant based diet and provides parents with the tools they need to feed their families for health and with joy While nearly all parents agree that a nutritious diet is important for children to thrive most feel that their children are not eating a healthy diet This is not surprising given the demands of busy families and confusing conflicting research about what diet is really best for health Nourish offers the solution parents have been waiting for when it comes to deciding what and how to feed their families Authors Reshma Shah MD a plant based pediatrician and affiliate clinical instructor at Stanford University School of Medicine and Brenda Davis RD a world renowned expert and pioneer in plant based nutrition will empower parents to become the experts of nourishing their families Amazon

Thank you certainly much for downloading **Nut Creams A Non Dairy Nut Based Ice Cream**. Maybe you have knowledge that, people have look numerous period for their favorite books following this Nut Creams A Non Dairy Nut Based Ice Cream, but end up in harmful downloads.

Rather than enjoying a good PDF taking into consideration a cup of coffee in the afternoon, otherwise they juggled past some harmful virus inside their computer. **Nut Creams A Non Dairy Nut Based Ice Cream** is welcoming in our digital library an online permission to it is set as public fittingly you can download it instantly. Our digital library saves in multipart countries, allowing you to acquire the most less latency time to download any of our books past this one. Merely said, the Nut Creams A Non Dairy Nut Based Ice Cream is universally compatible subsequent to any devices to read.

<https://pinsupreme.com/files/Resources/index.jsp/Singer%20Magic%20Fusibles%20In%20Fashion%20Sewing.pdf>

Table of Contents Nut Creams A Non Dairy Nut Based Ice Cream

1. Understanding the eBook Nut Creams A Non Dairy Nut Based Ice Cream
 - The Rise of Digital Reading Nut Creams A Non Dairy Nut Based Ice Cream
 - Advantages of eBooks Over Traditional Books
2. Identifying Nut Creams A Non Dairy Nut Based Ice Cream
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nut Creams A Non Dairy Nut Based Ice Cream
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nut Creams A Non Dairy Nut Based Ice Cream
 - Personalized Recommendations
 - Nut Creams A Non Dairy Nut Based Ice Cream User Reviews and Ratings

- Nut Creams A Non Dairy Nut Based Ice Cream and Bestseller Lists
- 5. Accessing Nut Creams A Non Dairy Nut Based Ice Cream Free and Paid eBooks
 - Nut Creams A Non Dairy Nut Based Ice Cream Public Domain eBooks
 - Nut Creams A Non Dairy Nut Based Ice Cream eBook Subscription Services
 - Nut Creams A Non Dairy Nut Based Ice Cream Budget-Friendly Options
- 6. Navigating Nut Creams A Non Dairy Nut Based Ice Cream eBook Formats
 - ePub, PDF, MOBI, and More
 - Nut Creams A Non Dairy Nut Based Ice Cream Compatibility with Devices
 - Nut Creams A Non Dairy Nut Based Ice Cream Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nut Creams A Non Dairy Nut Based Ice Cream
 - Highlighting and Note-Taking Nut Creams A Non Dairy Nut Based Ice Cream
 - Interactive Elements Nut Creams A Non Dairy Nut Based Ice Cream
- 8. Staying Engaged with Nut Creams A Non Dairy Nut Based Ice Cream
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nut Creams A Non Dairy Nut Based Ice Cream
- 9. Balancing eBooks and Physical Books Nut Creams A Non Dairy Nut Based Ice Cream
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nut Creams A Non Dairy Nut Based Ice Cream
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nut Creams A Non Dairy Nut Based Ice Cream
 - Setting Reading Goals Nut Creams A Non Dairy Nut Based Ice Cream
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nut Creams A Non Dairy Nut Based Ice Cream
 - Fact-Checking eBook Content of Nut Creams A Non Dairy Nut Based Ice Cream
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Nut Creams A Non Dairy Nut Based Ice Cream Introduction

In today's digital age, the availability of Nut Creams A Non Dairy Nut Based Ice Cream books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Nut Creams A Non Dairy Nut Based Ice Cream books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Nut Creams A Non Dairy Nut Based Ice Cream books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Nut Creams A Non Dairy Nut Based Ice Cream versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation.

Furthermore, Nut Creams A Non Dairy Nut Based Ice Cream books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether you're a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Nut Creams A Non Dairy Nut Based Ice Cream books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Nut Creams A Non Dairy Nut Based Ice Cream books and manuals is Open Library. Open Library is an initiative of the Internet

Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Nut Creams A Non Dairy Nut Based Ice Cream books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Nut Creams A Non Dairy Nut Based Ice Cream books and manuals for download and embark on your journey of knowledge?

FAQs About Nut Creams A Non Dairy Nut Based Ice Cream Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Nut Creams A Non Dairy Nut Based Ice Cream is one of the best book in our library for free trial. We provide copy of Nut Creams A Non Dairy Nut Based Ice Cream in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Nut Creams A Non Dairy Nut Based Ice Cream. Where to download Nut Creams A Non Dairy Nut Based Ice Cream online for free? Are you looking for Nut Creams A Non Dairy Nut Based Ice Cream PDF? This is definitely going to save you time and cash in

something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Nut Creams A Non Dairy Nut Based Ice Cream. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Nut Creams A Non Dairy Nut Based Ice Cream are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Nut Creams A Non Dairy Nut Based Ice Cream. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Nut Creams A Non Dairy Nut Based Ice Cream To get started finding Nut Creams A Non Dairy Nut Based Ice Cream, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Nut Creams A Non Dairy Nut Based Ice Cream So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Nut Creams A Non Dairy Nut Based Ice Cream. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Nut Creams A Non Dairy Nut Based Ice Cream, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Nut Creams A Non Dairy Nut Based Ice Cream is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Nut Creams A Non Dairy Nut Based Ice Cream is universally compatible with any devices to read.

Find Nut Creams A Non Dairy Nut Based Ice Cream :

singer magic fusibles in fashion sewing

simpsonstm comics madness

sing a rainbow

single image number 22

singapore politics under the peoples action party

singularities extremes of theory in the twentieth century

~~single camera video the creative challenge~~

simple fields of physics by finite element analysis paperback

sing me a bawdy song.

sinclair stevenson dummy isbn

simple spells for hearth and home ancient practices for creating harmony peace and abundance

singing stone whispering wind voices of connemara

singapore a guide to buildings streets places

~~sing a song of christmas high voice cd pkg twelve favorites~~

sing and dance teachers edition workbook

Nut Creams A Non Dairy Nut Based Ice Cream :

Service Manual PDF - XBimmers | BMW X3 Forum Jun 9, 2020 — Service Manual PDF First Generation BMW X3 General Forum. Digital Owner's Manual Everything you need to know about your BMW. Get the Owner's Manual for your specific BMW online. Repair Manuals & Literature for BMW X3 Get the best deals on Repair Manuals & Literature for BMW X3 when you shop the largest online selection at eBay.com. Free shipping on many items | Browse ... Repair manuals and video tutorials on BMW X3 BMW X3 PDF service and repair manuals with illustrations · How to change engine oil and filter on BMW E90 diesel - replacement guide · How to change fuel filter ... BMW X3 (E83) Service Manual: 2004, 2005, 2006, 2007 ... The BMW X3 (E83) Service Manual: 2004-2010 contains in-depth maintenance, service and repair information for the BMW X3 from 2004 to 2010. BMW X3 Repair Manual - Vehicle Order BMW X3 Repair Manual - Vehicle online today. Free Same Day Store Pickup. Check out free battery charging and engine diagnostic testing while you are ... BMW X3 Service & Repair Manual BMW X3 Service & Repair Manual · Brake pad replacement reminder · Emissions maintenance reminder · Maintenance service reminder · Tire pressure monitor system ... BMW X3 Repair Manuals Parts BMW X3 Repair Manuals parts online. Buy OEM & Genuine parts with a Lifetime Warranty, Free Shipping and Unlimited 365 Day Returns. BMW X3 (E83) Service Manual: 2004, 2005, 2006, 2007 ... Description. The BMW X3 (E83) Service Manual: 2004-2010 contains in-depth maintenance, service and repair information for the BMW X3 from 2004 to 2010. BMW X3 (E83) 2004-2010 Repair Manual The BMW X3 (E83) Service Manual: 2004-2010 contains in-depth maintenance, service and repair information for the BMW X3 from 2004 to 2010. How to Get What You Want and Want What You Have: A ... From the author of the phenomenal

Mars & Venus bestsellers, a course in achieving personal, success--the realization of all one's dreams. How to Get What You Want and Want What You Have: A ... How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success - Kindle edition by Gray, John. Download it once and ... How To Get What You Want And Want What You Have This book expressed and focused on how you could have anything you wanted because it was within reach. Focus points were on how success comes from improving and ... A Practical and Spiritual Guide to Personal Success ... How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success · Paperback(1ST PERENNIAL) · \$14.99. How to Get What You Want and Want What... book by John ... Here's the book to help you get what you want--and be happy with what you have. John Gray, the man responsible for helping millions of people improve their ... A Practical and Spiritual Guide to Personal Success ... Description. From the author of the phenomenal Mars & Venus bestsellers, a course in achieving personal, success--the realization of all one's dreams. How to Get What You Want and Want What You Have: A ... How to Get What You Want and Want What You Have: A Practical and Spiritual Guide to Personal Success by Gray, John - ISBN 10: 006019409X - ISBN 13: ... How to Get What You Want and Want What You Have Oct 6, 2009 — From the author of the phenomenal Mars & Venus bestsellers, a course in achieving personal, success--the realization of all one's dreams. How to get what you want & want what you have | John Gray A Practical and Spiritual Guide to Personal Success Get What You Want: Create outer success without sacrificing inner happiness. Remove the Blocks to Personal Success: Recognize what is holding you back and clear ... Property & Casualty Insurance Page 1. License Exam Manual. Property & Casualty Insurance. 1st Edition ... Kaplan's. Property and Casualty InsurancePro QBank™. Go to www.kfeducation.com for ... Kaplan Property And Casualty Property and Casualty Insurance Exam Prep Bundle - Includes the South Carolina Property and Casualty Insurance License Exam Manual and the South Carolina ... Property & Casualty Insurance License Exam Prep Prepare, practice, and perform for a variety of state licenses with Kaplan Financial Education's property and casualty prelicensing and exam prep. Insurance Licensing Exam Prep Study Tools View descriptions of Kaplan Financial Education's insurance licensing exam prep study tools. Use ... License Exam Manual (LEM). This comprehensive textbook ... Property and Casualty Insurance License Exam Manual 1st E Property and Casualty Insurance License Exam Manual. Kaplan. Published by Kaplan (2017). ISBN 10: 1475456433 ISBN 13: 9781475456431. New Paperback Quantity: 1. Property and Casualty Insurance License Exam Manual Home Kaplan Property and Casualty Insurance License Exam Manual. Stock Image. Stock Image. Quantity: 12. Property and Casualty Insurance License Exam Manual. 0 ... Insurance Licensing Exam Prep Kaplan can help you earn a variety of state insurance licenses, including Life, Health, Property, Casualty, Adjuster, and Personal Lines. Property and casualty insurance license exam manual ... Property and casualty insurance license exam manual kaplan. Compare our property & casualty insurance licensing packages side-by-side to figure out which one ... Property and Casualty Insurance: License Exam Manual ... Property and Casualty Insurance: License Exam Manual by Kaplan Publishing Staff ;

Binding. Paperback ; Weight. 2 lbs ; Accurate description. 4.9 ; Reasonable ...